

Learning Through the Counseling Experience

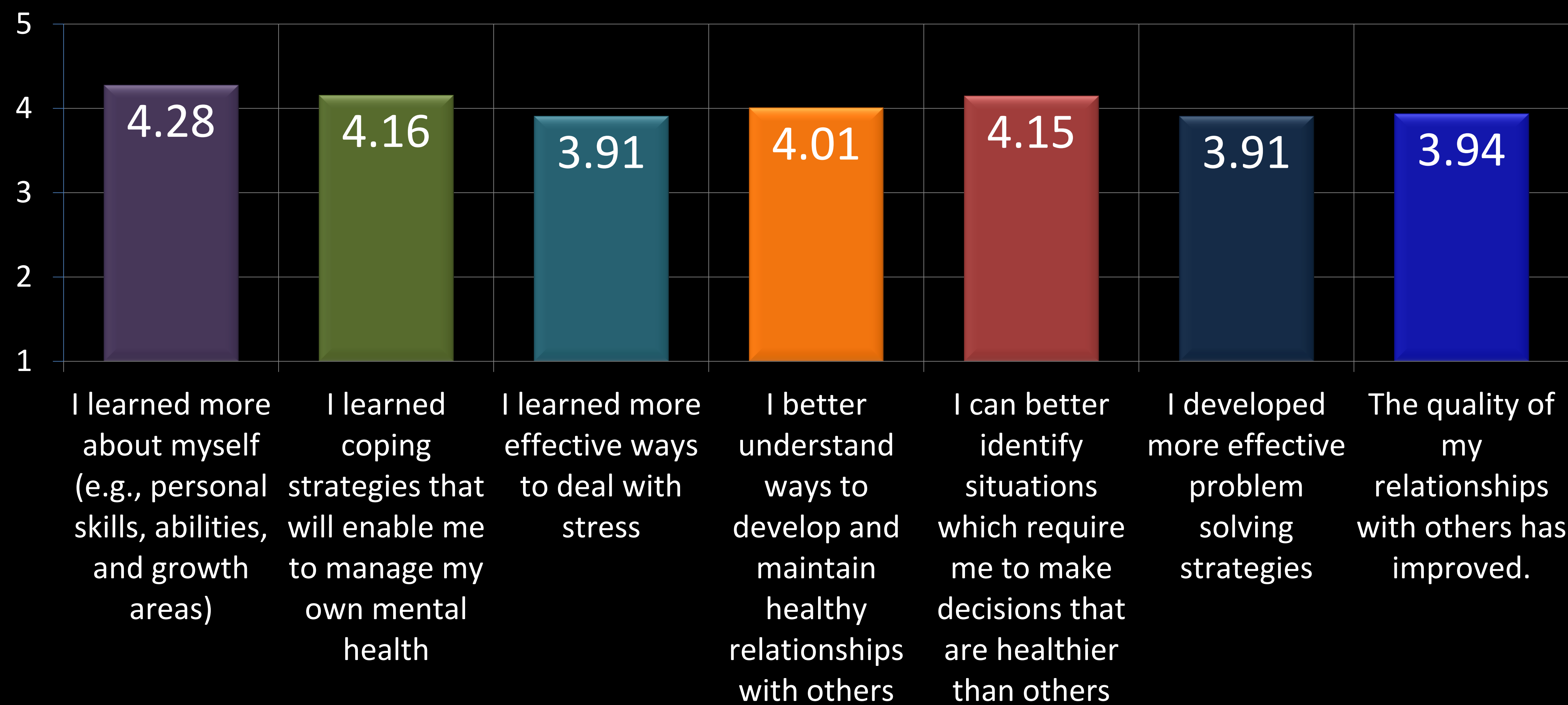


CAPS Annual Satisfaction Survey

In 2013 – 2014, CAPS revised their annual satisfaction survey and included five Likert scale questions and one open-ended question that sought feedback on student learning. One-hundred and sixty-five (165) students responded.

As a result of my participation in counseling at CAPS . . .

(Mean scores : 1 = strongly disagree, 5 = strongly agree)



Thinking broadly, what did you learn about yourself, your relationships with others, or your community that is directly related to your participation in counseling at CAPS?

"I tend to seek out stress, but when presented with the necessity of diminishing it, I continue to choose high stress over less stress in order to achieve what I define as success."

"I learned to recognize when I'm doubting myself and what thoughts provoked the negative feelings. Even when I'm severely discouraged, I realized that my actions suggested I am a resilient person, and that I keep going no matter what the circumstances."

"I learned how to engage with others on a more honest level, even though it might risk their opinion of me."

"I learned that life, including the highest highs and the most depressing, horrible days, ultimately is beautiful. Life is a wonderful thing because, not in spite of, depression and working through our issues. I am not alone in my quest to find my place and figure out who I am."

"I learned how I think and how to let go of my negative thoughts/anxieties."

"I think I gained a greater understanding of how I respond to new settings/people, and how my anxiety in new situations kind of distorts how I judge my own abilities and my perception about how others perceive me."

"I learned about cognitive distortions that I use that make my stress worse. I should also lean on loved ones in times of stress."

"I learned that I'm harder on myself than anyone else is. I learned about my patterns of behavior in relationship that contribute to their being unhealthy."